

Set Your Weight Loss Goals

Putting goals on paper helps keep you on track.
You can revise or add to your goals at any time.



1. Set a goal for weight loss.

Start with a goal of **no more** than 10% of your current weight.

I currently weigh _____ pounds.

My initial goal is to lose _____ pounds.

Example: If you weigh 250 pounds, your goal might be to lose 25 pounds, **or** you could decide to make 10 pound goals. When you lose 10 pounds, set a new 10 pound goal. Choose a realistic, achievable goal.

2. Decide on 1 or 2 food/beverage choice changes.

What can you do to take in fewer calories and less fat?

Example: "I will have low-fat milk with my cereal every day this week".

Write them down:

1. _____

2. _____

3. Decide on 1 or 2 ways to increase your activity level.

Make them simple and realistic. As your fitness improves, add to these goals.

Example: "I will take the stairs to the second floor at work this week".

Write them down:

1. _____

2. _____

4. Weigh yourself at least once a week.

Signature: _____ Date: _____

